

# THE EXTRA POINT

BY JERRY ROBERTS



## # 811 Some Better Ways to Use Break Time

We talk about productivity a lot in this program. That's my main focus, helping people get further and do better. I'm Jerry Roberts and today, let's see how we can better use our break times, in unexpected ways. That's next, on The Extra Point.

What can we do with the break time we have, rather than check out TikTok, or Instagram, Facebook, YouTube, and you get the idea. How else could we use that time? I picked up a couple of articles in Forbes magazine, and the suggestions offered might work for you.

First, we need to understand that we have options for breaks, and that falls within areas such as physical, social, and spiritual. That what Forbes suggested. I'll add one more, educational. Let's examine potential options.

Break number 1: Let's say we make this a physical break. You can get outside and walk around the parking lot, up and down the street, or around the block. It's not about getting sweaty, it's just raising the heart rate a little, moving the joints, and burning a few calories. Don't want to go outside? Walk in place at your desk?

For an alternative, do an online search for a workout at your desk. There's a ton of them. Don't want to do it alone? Get a partner. Maybe ask around and start a group. This is light physical activity, but you can configure it any way you like.

Break number 2: This is a social type of break. For an easy example, let's call it a coffee break. Coffee isn't necessary, if you prefer another beverage. All you need is someone to share the time with. It could be a person you work with directly, or perhaps someone from another department. Maybe you want to step outside the company and share a break with a vendor. It can be in person, or you might think of doing it with friends via FaceTime or Zoom.

If you've been thinking about catching up with old classmates or maybe people you served with in the military, spending 10-15 minutes on break is a great way to start. If the call goes well, schedule a longer one. If it doesn't go so well, tell them how good it was to chat and it's mercifully over in those 10-15 minutes.

Break number 3: Spiritual. There are lots of ways to feed our spirit. You can do it solo, with a friend, or in a group. You can pray, meditate, share music, read an inspirational book, watch an uplifting video, or whatever gets you feeling better.

Break number 4: educational. Whether you do it by yourself, or include others, there are endless learning opportunities — and you can become knowledgeable in chunks of 15 minutes at a time. If you want to go faster, do this during your lunch hour and devote 30 minutes to it while you munch your food.

The average worker gets two 15-minute breaks per day, plus an hour for lunch. Let's say they use half that hour to eat, and the other half for another purpose. On an annual basis for a full-time employee, that's 250 hours to use for some other purpose.

If somebody told you you had 250 hours that you could spend — and you had to use it to gain some advantage in one or more areas named physical, social, spiritual, and educational — what would your choice be?

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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